

SportLine SOLO 905

GETTING STARTED GUIDE 2013

1. Unboxing



2. Initialize Watch



To switch on –
press & hold any button
for a few seconds

3. Set the Time



To adjust time -
Press & Hold the lower left
button a few seconds →

The press the lower left button again
to adjust the minutes →

to increase the minutes, press the top right button
to decrease the minutes, press the bottom right buton.

Repeat the above steps for Hour, Month & Day.

When completed,
press & hold the lower left button again.

4. Take your pulse!!



- ✓ First, strap on the watch so it fits tightly on your wrist.
- ✓ Next, press and hold the large button on the face of the watch.



- ✓ Do not let go until you see a reading!
- ✓ Only let go when you do.
- ✓ Check often!
- ✓ Read the manual for additional features!